

Are low-carbohydrate (less than 45%) hypocaloric diets safe and effective for long-term (more than six months) weight loss or maintenance? (DGAC 2010)

Conclusion

A moderate body of evidence demonstrates that diets with less than 45% of calories as carbohydrates are not more successful for long-term weight loss (12 months). There is also some evidence that they may be less safe. In shorter-term studies, low-calorie, high-protein diets may result in greater weight loss, but these differences are not sustained over time.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Are low-carbohydrate \(](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between macronutrient proportion and body weight in adults?](#)